

Participate in the WorkWell NYC "Let's Talk" 8 Week Self-Care Challenge to create your own self-care routine. Challenge yourself to accomplish every task in the eight week series.



## Week 1: Disconnect to Destress

- Spend a full day "detoxing" from all forms of social media. Turn off social media notifications for assistance.
- Select a time of the day to completely avoid your phone for at least 30 minutes.
- Set yourself a "technology" curfew - a time at night when you stop using your phone and computer.



## Week 2: Sleep Soundly

- Spend 30 minutes in the sunshine. Getting sunshine during the day can ready your body for sleep at night.
- If thoughts keep you up at night, set aside 15 minutes of "worry time" during the day by writing your thoughts down on paper, and then setting it aside.
- Choose an activity that can help you unwind before bed, including reading, meditating, or drinking caffeine-free tea.



## Week 3: Flourish With Food

- Quench your thirst with something delicious and refreshing, such as water infused with fresh fruit, or unsweetened ice tea.
- Visit a farmers market to pick up fresh seasonal produce. Make yourself a nice meal based on the ingredients you found.
- Incorporate foods into your beauty or skin care routine - such as coconut oil for hair treatment, or some mashed avocado, lemon and honey for a facial mask.



## Week 4: Build Supportive Connections

- Call a friend or family member you haven't talked to in a long time.
- Invite a co-worker to an in-person or virtual lunch, coffee, or fitness class.
- Reach out to someone who you usually wouldn't connect with. It is important to have friends with diverse backgrounds.

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## Week 5: Create a Work-Life Balance

- Challenge yourself to not check your work email after the workday has ended (or set limits).
- Start a work meeting with everyone stating one thing they are grateful for.
- Give yourself small breaks during the workday to go for a walk, eat a healthy snack or refill your water bottle. During your break, try to avoid looking at your computer or cellphone.



## Week 6: Strengthen Your Mind-Body Connection

- Try a mindful-movement routine or exercise that connects your movement to your breath. Yoga, Tai Chi or Gi Gong are disciplines that incorporate movement and breath exercises.
- Dance on your own, or take a dance class. Connecting your movement with your thoughts, feelings or emotions can strengthen your mind-body connection and burn off stress.
- Go for a mindful walk. Try to avoid listening to music on your walk. Instead, listen to the sounds around you and take in the sights. Feel your body move during your walk, and pay attention to your breath.



## Week 7: Celebrate Your Creativity

- Download the Be Well Coloring Book. Find some quiet time to color and unwind.
- Create a photo collage of people and things that make you happy - friends, family, vacation spots, etc. Hang up the collage as a daily reminder of what brings you joy.
- Visit a museum or go on a virtual museum tour to view some beautiful art and culture.



## Week 8: Foster Mindfulness

- Meditation can expand your mindfulness, reduce stress and control anxiety. Incorporate meditation into your daily routine. Download an app or attend a WorkWell NYC meditation class for guidance.
- Keep a journal to write down your thoughts and emotions and reflect on what you are grateful for.
- Take a mindful walk around your neighborhood and observe your neighbors. Openly celebrate the diversity around you. Smile to those who pass you by. View and treat your neighbors with compassion and understanding.